



Mental Health Awareness Initiative Presentation for Parents/Caregivers/Guardians of Post-Primary Pupils

This one-hour presentation is for parents/caregivers/guardians and other adults interested or concerned about young peoples' mental health.

As a result of this presentation, participants will:

- Gain an understanding of the key issues impacting on the mental health and wellbeing of young people.
- Learn to promote positive mental health in young people.
- Understand how to recognise some of the signs that a young person may be struggling with their mental health.
- Learn the value of listening as a way of supporting young people.

The presentation will offer practical tips on how to best support and promote the mental health of all children and is not targeted at children with specific mental health issues.

This workshop is available in two locations, please select and book one only.

Workshop A: **Venue:** Central Hotel Tullamore
Date: Wednesday 26th April 2017
Time: 7-8pm
Facilitator: Patricia White, Post- Primary Teacher & Local Mental Health Trained Facilitator

Or

Workshop B: **Venue:** Laois Education Centre, Block Road, Portlaoise
Date: Thursday 11th May 2017
Time: 7-8pm
Facilitator: Declan Qualter, Post-Primary Teacher & Local Mental Health Trained Facilitator

To book a place on the above course please contact Yvonne, Laois Education Centre at (057) 8672402

- There is no fee for the above course.
 - Booking is essential.
- Places are reserved on a first-come, first-served basis.